

East Prawle Yoga

with Ina Dittfurth

Senior MSK PhysioTherapist & Yoga Teacher



@ CHIVELSTONE COMMUNITY HALL

Covid-19 terms and Conditions for all attending students / participants.

In line with Chivelstone Community Hall and Government guidelines, participants are required to adhere to the following:

- Advanced bookings only, participants will no longer be able to drop-in on the night.
- You will enter through the front door and exit through the fire exit unless informed otherwise.
- All participants must wear a mask to enter and exit the building.
- You may remove your mask once you are settled in your assigned and designated practice space. It is not compulsory to wear the mask during your yoga practice. I respect and support your decision to wear a mask for your practice if you choose to. By way of information, latest government guidelines do not advise participants to wear a mask during organised physical exercise sessions.
- You will be assigned a practice space as you arrive.
- You must bring your own mat to each practice and will be responsible for the hygiene of your mat, cleaning it before and after each use.
- Communal props and equipment will no longer be available, please bring anything you require for your practice i.e. blanket for relaxation at the very least, but I also recommend a large hand towel and non slip socks.
- Please ensure you remain at a social distance between other students and myself at all times to include: entering, leaving and whilst in the building.
- Please sanitise your hands on entering the building. There is a sanitisation point just inside the main door., or indeed bring your own hand sanitizer with you if you prefer.
- Check in to the building by scanning an official NHS QR code / or sign into the book placed next to the door.
- Arrival and departure for the classes: Arrivals- Please do not arrive any earlier than 10 minutes before the official class start time. The door will be locked whilst hall prep and cleaning takes place.
- Please arrive no later than 5 minutes before the official class start time. Late comers may not be granted access even if you have booked a session.
- Departures- once the session has finished please feel free to chat to fellow students or myself from the distance of your mat, once you are ready to depart please wear your mask and make your way out of the building through the fire exit (unless informed otherwise) sanitising your hands at the exit, and remaining socially distanced.
- Please rest assured I will be responsible for sanitising the entrance hall and practice space at the beginning and end of the session
- No changing facilities will be available. You will need to arrive in ,appropriate for practice' clean clothing for your class.
- Please avoid the use of toilet if at all possible at the Hall
- Rubbish bins will not be available so please ensure you take everything away at the end of your class i.e. empty water bottles, tissues, etc.
- No bare feet in the Hall (except on your own mat). Please bringt freshly laundered socks, grippy ones to avoid slipping are recommended.
- Please keep personal belongings to a minimum when attending a class. You will be required to put all of your personal belongings into a bag, including footwear, so please bring one with you. This can be kept at the end of your mat or at the side of the Hall.
- I will keep a temporary record of all those attending including name, email and telephone numbers for 21 days, abiding to GDPR regulations, and I will assist with any NHS Track and Trace request for data if asked.
- **YOU MUST NOT ATTEND A CLASS IF DURING THE PREVIOUS 14 DAYS YOU ARE IN ANY WAY UNWELL, OR SHOWING SYMPTONS THAT COULD SUGGEST YOU HAVE COVID-19. THESE INCLUDE A LOSS OF TASTE / SMELL, A NEW CONTINUOUS COUGH, OR A HIGH TEMPERATURE.**
- **YOU MUST NOT ATTEND A CLASS IF YOU ARE SELF ISOLATING, HAVE BEEN TOLD TO DO SO, OR HAVE BEEN IN CONTACT WITH ANYONE WHO HAS BEEN FEELING UNWELL OR SHOWING SYMPTOMS OF COVID-19.**
- **PLEASE DO NOT ATTEND A CLASS IF YOU HAVE BEEN IN ANY HIGH RISK PARTS OF THE COUNTRY IN THE PREVIOUS 14 DAYS.**



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- You must inform me immediately by telephone **01548 511548** or email **Ina@YogaAndPhysio.com** if you have attended a yoga session and become unwell / show symptoms of Covid-19, in the 14 days following a class.
- There is a zero tolerance policy towards discrimination of any kind and I would like to remind everyone to treat one another with equal respect and kindness especially at this challenging time for us all. If you have a grievance please refer this to me in the first instance, or if the grievance is about me, please contact the Chairman of Chivelstone Community Hall.

These Terms and Conditions have been created in line with those set out for the use of Chivelstone Community Hall, October 2020, as laid down by the Committee.

You will be asked to complete a declaration when you arrive for your first yoga practice, saying you have read, understood and accept these conditions.

A copy of the conditions will be available, but please read them before you attend.

Ideally print off a copy, sign the declaration, and bring it with you.

I the Participant / Student have read, understood and accept the East Prawle Yoga (EPY) Covid-19 Terms and Conditions of attending classes with Ina Dittfurth in line with her and Chivelstone Community Hall guidelines and policy.

Name:

Telephone /
mobile:

Email:

Date:

Signature: